to attain holiness is not to cmsh this lower nature but to govern
and keep it under control with the free-will which God has
vouchsaied us. Then we shall be able to understand the
spirit of the truth of what Lord Sri Krishna has said in the
Bhagavad Gita: {t *The Self is the friend of the self of him*
in whom, the self by the Self is vanquished; Jmt full of enmity
to the unsitbdued self, the Self verily turneth mto an enemy."
In plain language, self-conquest signifies the disciplining of
the enemy-self into the friend-self, i.e. in the subjugation
of the lower animal demands of the self to the higher human
dictates of the self. The high-souled men are they who daily
illustrate the sublime paradox ' *What is kept is lost; what*
is given is gained.' Speaking of the marvel that the human,
heart attains fulness through self-spending, Newman utters
the profound truths : {{ *When we serve, we rule, when we give,*
we have; when we surrender ourselves, we are victors." As
Bacon suggests, man lies mid-way between God and beast;
and the whole value of human life may be summed up as the
ascent from beast to God. Buddha begging with the bhikshu's
bowl in the streets of his own capital, Jesus praying from the

bitter cross for his crucifiers, they are the world's noblest
examples of self-conquest. Let the pure soul be intent on the
heavenly pilgrimage, observes Saadi, diadem or dust makes
little difference.

By far the noblest characteristic that has emerged from
man's free will as a necessary concomitant of his nature,
is his moral sense or moral order, more beautiful than anything
that art can show, more imperative in its inexorableness than
any law of nature—the order or sense of duty. This moral
sense is the so-called " *forbidden fruit*" which in the history
of man's evolution brought forth the knowledge of good and
evil. It is the high prerogative of man to perceive distinc-
tions of right and wrong, of the fit and the unfit, of good and
evil, unseen by any creature except himself, unseen by him
through any organ of sense, revealed only to that marvellous